



Friendship Heights

VILLAGE NEWS

SEPTEMBER 2013

301-656-2797

VOLUME 28, NO. 4



**Community Forum on
Village Playgrounds**
page 16

Taste of Friendship Heights



The seventh annual Taste of Friendship Heights, featuring tastings from local

restaurants, is scheduled for **Saturday, September 28, 12 p.m. to 5 p.m.**, (rain or shine) at the Village Center.

The Taste of Friendship Heights will showcase some of the area's premier restaurants, including the new Mi Cocina. Other participating restaurants include Alfio's, Clyde's, Courtyard by Marriott, Frosting Cupcakery, Indique Heights, Lia's, Maggiano's, P.F. Chang's, Potomac Pizza, Rosa Mexicano, Sunrise Brighton Gardens, and Whole Foods.

Attendees can purchase food and drink tickets (4 tickets for \$5). A portion of the proceeds will be donated

to the Community Council for the Homeless at Friendship Place.

Sam Solovey of Long & Foster is the Platinum Sponsor of the event; TTR Sotheby's International Realty and Eye Doctors of Washington are Gold Sponsors. Nancy Mellon Realty and Renewal by Andersen are Silver Sponsors. Also participating in the event are Capital One Bank, Bank of Georgetown, Chevy Chase Florist, and American University. Entertainment includes live music, a moon bounce, a clown, and, face painting. The American University basketball team will be on site to shoot hoops with kids and give away prizes.

The raffle is back this year with donations from various restaurants. One raffle ticket will be given with every \$20 purchase of tickets. More information is available at www.tasteoffriendshipheights.com.

Nancy Floreen to hold forum at Center



County Councilmember Nancy Floreen will hold a town hall forum at the Village Center on **Monday, Sept. 23, at 7:30 p.m.** She will give

a general report on Council matters and discuss items of interest to the audience.

Nancy Floreen was elected to her first term as an at-large member of the Montgomery County Council in 2002 and is now in her third term. She serves as chair of the Planning, Housing and Economic Development Committee and is a member of the Transportation, Infrastructure, Energy and Environment Committees.

Please sign up by calling 301-656-2797.

White House correspondent to speak at Center

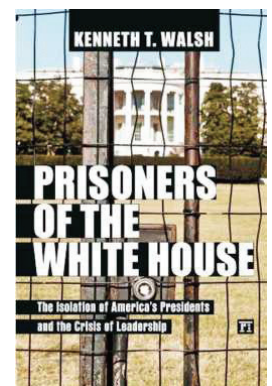
Kenneth T. Walsh, chief White House correspondent for U.S. News & World Report, will discuss his new book, *Prisoners of the White House: The Isolation of America's Presidents and the Crisis of Leadership*, at the Village Center on **Monday, Sept. 30, at 7:30 p.m.**

President Harry Truman famously called the White House the "great white jail." In fact, a jail is probably the only place more isolating than the Executive Mansion. The "White House bubble" is the modern term used for this great divide between everyday life and the American president. Life under these conditions is a basic theme of this book, along with ways out of it.

Mr. Walsh was given exclusive access to the polls and confidential memos received by presidents over the

years. Ken Walsh has covered the White House full-time since 1986 and is one of the longest-serving White House correspondents in history. He is former president of the White House Correspondents Association and has won the most prestigious awards for White House coverage. He is a frequent analyst on television and radio. *Prisoners of the White House* is his fifth book and this will be his third book signing at the Center.

Copies of the book will be available for purchase with cash or check. Please sign up by calling 301-656-2797.



Fight the flu!

The MedStar Health Visiting Nurses Association will administer flu shots at the Village Center on **Friday, Oct. 4, from 10 a.m. to 1 p.m.** to anyone nine years old and older.

This season's flu vaccine will protect against three different flu viruses: an H3N2 virus, a B virus and the H1N1 virus. The high-dose version for people 65 and older (Fluzone HD) will be offered again and is covered by Medicare. This dosage is double that of the regular flu shot to give more protection and build greater immunity. Standard flu shots, of course, are available for people under 65. Pneumonia shots will also be available — check with your doctor to see if you need one. Please **specify at sign-up if you want the Fluzone HD or standard** (ask your doctor if you have questions about the high dose vaccine **before** you sign up).

- No charge for individuals with Medicare Part B (not PPO or HMO) — but you must bring your card.
- For individuals without Medicare Part B, the cost is \$30 for the standard shots (cash or check payable to VNA Flu Program), and \$55 for Fluzone HD. Pneumonia vaccine is \$90 for individuals without Medicare Part B.
- VNA does not accept Medicaid.

Registration is a must. Call 301-656-2797 to register. Village residents may register immediately; nonresidents may sign up Sept. 21. **You must have an appointment to receive a shot.**

Navigating your iPad

TechMoxie is a new local company that specializes in helping seniors learn the latest technologies and apps. Interested in learning how to get the most out of your new iPad? Wondering what Facebook, Skype, or Twitter have to offer? Or perhaps you would like to learn how to convert years of family photos to digital images so they can be shared with family members. TechMoxie's curriculum and teaching methods are designed especially for seniors. The company's founder, Pam Holland, will be the instructor. Please look for the class under "Computer Education" on the Classes and Clubs pages for more description and details.

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Friendship Heights
VILLAGE NEWS

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The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space for the October issue is September 5th. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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ON the GO...

Lancaster Living

Join us when we spend a day among the Amish in Lancaster County, Pa., on **Monday, Sept. 9.**

We'll tour a working Old Order Amish farm where we'll see and learn how the plain people still plow their fields



with Belgian workhorses and live without electricity. We'll also have the chance to visit with a harness maker and a quiltmaker and learn about their crafts.

This tour also gives us the unique opportunity to enjoy an authentic Pennsylvania Dutch luncheon in an Amish home. We'll stop by an Amish market where we can shop for a variety of Pennsylvania Dutch delicacies.

We'll depart from the Village Center at 8:30 a.m. and should return by 7 p.m.

The cost of the trip, which includes round-trip transportation, lunch, tours, guide services and all taxes and gratuities is \$120. Sign up at the Village Center.

This trip requires a moderate amount of walking on some uneven surfaces.

Last chance for Hillwood

A few spaces remain for our **Sept. 26** trip to Hillwood, the downtown estate of Marjorie Merriweather Post. The estate is currently hosting a special exhibit, "Artfully Living," highlighting the doyenne's gracious living and entertaining at her grand homes in Washington, Florida and New York.

For lunch, choose roasted turkey or ham and gruyere sandwiches or the quiche of the day. Please make your menu selection when signing up.

We'll depart from the Village Center at 10 a.m. and should return by 3 p.m.

The cost of the trip is \$65 and includes round-trip transportation, admission to the gardens, mansion tour, lunch and all gratuities. Sign up at the Village Center.

website: www.nancymellonrealty.com

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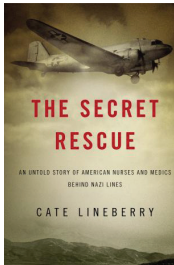
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Tea and Talk: American nurses and medics stranded behind Nazi lines



Cate Lineberry will discuss her book, *The Secret Rescue*, at the Village Center on **Wednesday, Sept. 25, at 2 p.m.**

This untold true story begins as 26 Army nurses and medics board a military transport plane in November 1943 to evacuate wounded and sick troops near the front lines in Italy. Caught in a violent storm, the plane is pushed off course and crash-lands in Nazi-occupied Albania. The group struggles for months to survive, hiding from the Nazis and putting their trust in villagers who hide and feed them and the clandestine British and American organizations who eventually rescue them.

The drama of the 807th Medical Air Evacuation Transport Squadron captured the attention of the American public, but the details of their journey remained hidden for decades. Cate Lineberry is a former staff writer and Europe editor for *National Geographic* and the web editor of *Smithsonian*. Her work has also appeared in the *New York Times*.

Copies of the book will be available for purchase with cash or check. Please sign up by calling 301-656-2797.

Tea and talk: 'The Lady was a Spy'



Carol Bessette will discuss what has been called "the world's second oldest profession" at the Village Center on **Wednesday, Sept. 18, at 2 p.m.**

She will consider two women who traded their charms for information, Rose Greenhow, a Confederate spy operating in the heart of Washington, DC, and Betty Pack, an American woman working for British intelligence

during World War II. They lived sixty years apart, but their stories are similar.

Ms. Bessette is a retired Air Force intelligence officer, a Certified Master Tour Guide in Washington, D. C., and a frequent lecturer on Washington history. This is her fourth lecture at the Center. After the program please stay for tea. Call 301-656-2797 to reserve a seat.

Donate your old glasses

Each month, the Leisure World Lions Club picks up eyeglasses and frames from the Village Center to be cleaned, disinfected and distributed to the underprivileged.

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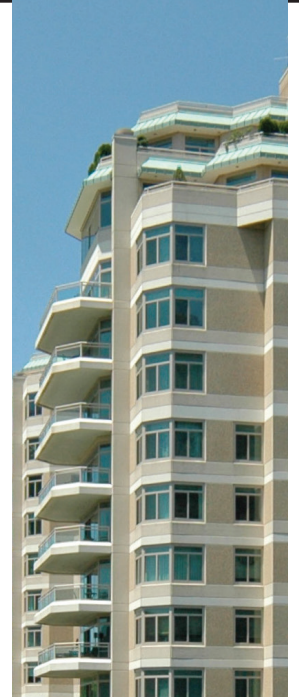
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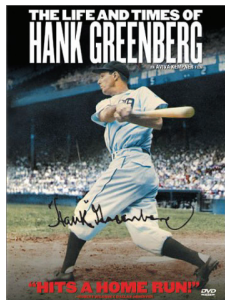
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Filmmaker to discuss Hank Greenberg



Aviva Kempner will discuss the making of her film, *The Life and Times of Hank Greenberg*, and show some of the extras from the new DVD of the movie, at the Village Center on **Thursday, Sept. 19, at 7:30 p.m.**

Greenberg, one of the greatest sluggers in baseball history, was a five-time All-Star twice named the American League's Most Valuable Player and elected to the Hall of Fame in 1956. As America's first Jewish baseball star, he helped break down the barriers of discrimination in American sports and society. "Hammerin' Hank" was a beacon of hope to millions of American Jews who faced bigotry during the Depression and World War II. The film extras contain archival film footage including a phone interview with Ted Williams and stories from fans Justice Ruth Bader Ginsburg, Senator Carl Levin, Alan Dershowitz, and Walter Matthau.

Aviva Kempner's documentaries have focused on the untold stories of Jewish heroes and include *Yoo-Hoo, Mrs. Goldberg*. Copies of the DVD will be for sale for \$30, cash or check. Please call 301-656-2797 to register.

Have tea with America's greatest female athlete



Film and stage actress Linda Kenyon returns to the Village Center on **Friday, Oct. 11, at 1 p.m.** to portray famed athlete Mildred "Babe" Didrikson Zaharias in a one-woman show called *The Greatest Ever*.

At the 1932 Olympics, Babe won gold in the javelin throw and 80 meter hurdles, and silver in the high jump.

Besides track and field, she mastered tennis, high diving, billiards, baseball, basketball, bowling, and golf, for which she is most remembered. By 1950 she had the distinction of having won every available golf title.

Linda Kenyon has worked with the Virginia Shakespeare Company, Source Theatre, the Washington Stage Guild and appeared in the movie *Head of State*. She has performed at the Center in the past as Eleanor Roosevelt and Julia Child. The play is a production of The Seniors Theatre and is directed by Ed Starr. After the program please stay for tea. Call 301-656-2797 to reserve a

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PLAYING on the BIG SCREEN

All movies begin at 7 p.m.

A Note from the Program Directors

As a courtesy to our speakers, authors and performers...

• Turn off cell phones • Do not take food or drink into the auditorium • Arrive on time for all events • Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and insulting to the presenters when people walk out. Plenty of time to catch the shuttle bus will always be allowed.

Thursday, Sept. 5, 7 p.m. — Movie — *Chocolat* — In celebration of the Taste of Friendship Heights this month, the Village Center is showing this sweet treat. Vianne Rocher and her young daughter are drifters who are met with skepticism and resistance when they move to a conservative town in rural France and open a chocolate shop during Lent. Rated PG-13. Running Time 121 minutes.

Thursday, Sept. 12, 7 p.m. — Movie — *The Impossible* — A British family on Christmas holiday at a beach resort in Thailand is torn apart when a deadly tsunami devastates the area. The film follows the seriously wounded Maria and her eldest son Lucas as they struggle to safety, not knowing whether Maria's husband and their two younger sons are

dead or alive. Stars Naomi Watts, Ewan McGregor, and Tom Holland. Rated PG-13. Running Time :114 minutes.

Thursday, Sept. 19, 7:30 p.m. — Lecture — Aviva Kempner on ***The Life and Times of Hank Greenberg*** — see page 5 for details.

Thursday, Sept. 26, 7 p.m. — Movie — *The Great Gatsby* — An aspiring writer falls under the spell of an aloof millionaire with designs for the young scribe's unhappily married cousin in director Baz Luhrmann's adaptation of F. Scott Fitzgerald's celebrated novel. Stars Leonardo DiCaprio, Tobey Maguire and Carey Mulligan. Rated PG-13. Running Time: 143 minutes.



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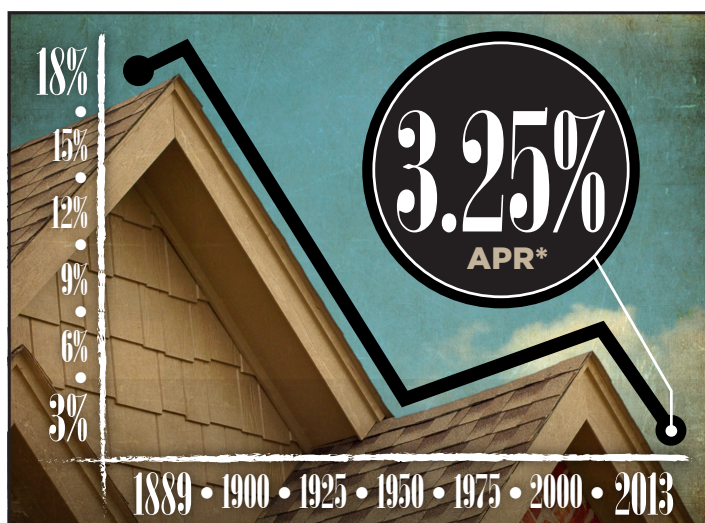
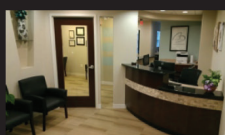
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ART and CULTURE

Celebrating food!

Come to Friendship Gallery to see "Cuisine Art," an exhibit held in conjunction with the annual Taste of Friendship Heights. This multi-media juried exhibit, open to all area artists, will run through Sept. 28. Awards will be given to



"Row of Macarons" by Jennifer Barlow

the winners at a reception on **Sunday, Sept. 8, from 11:30 a.m. to 1:30 p.m.** All are invited to attend. The juror is noted artist Millie Shott, art curator and instructor at the Center.

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Friendship Heights
Village Center



Calendar
of Events

2013

S E P T E M B E R							
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	2 Labor Day Center Open 9 a.m. to 2 p.m. 10 a.m.: Great Books Shuttle bus runs on weekend schedule	3 8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist 7 p.m.: Pilates	4 9:15 a.m.: Fit 4-Ever 11 a.m.: Chair Exercise No concert—Rosh Hashanah	5 8:15 a.m.: Walking Club 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 7 p.m.: Movie: Chocolat	6 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl	7 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9 a.m.: Basic Photography for Children 10:30 a.m.: Basic Photography	
8 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception	9 8:30 a.m.: Depart for Amish Farm 9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga 7:30 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING	10 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 p.m.: Speech Therapy and Support Group 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist 7 p.m.: Pilates	11 9:15 a.m.: Fit 4-Ever 11 a.m.: Chair Exercise 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Suburban Lecture: “Optimize Your Care” 1 p.m.: Health Insurance Counseling 6 p.m.: Yoga with Kathryn 7:30 p.m.: Concert: James Taylor	12 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 10 a.m.: Basic Photography 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: The Impossible	13 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl	14 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs	
15 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	16 9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga 7 p.m.: Café Muse	17 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Village Book Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 p.m.: Getting to Know Your iPad 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist 7 p.m.: Pilates	18 9:15 a.m.: Fit 4-Ever 11 a.m.: Chair Exercise 1 p.m.: Portraiture in Pencil and Pastel 2 p.m.: Tea and Talk: “The Lady was a Spy” 6 p.m.: Yoga with Kathryn 7:30 p.m.: Tales in the Village	19 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 10 a.m.: Basic Photography 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 12:30 p.m.: Vision Support Group 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7:30 p.m.: Aviva Kempner on The Life and Times of Hank Greenberg	20 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl	21 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9 a.m.: Basic Photography for Children 10:30 a.m.: Basic Photography	
22 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	23 9:15 a.m.: Fit 4-Ever 10 a.m. – 2 p.m.: MVA Bus 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga 7:30 p.m.: Town Hall Meeting with Nancy Floreen	24 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 p.m.: Getting to Know Your iPad 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist 7 p.m.: Pilates	25 9:15 a.m.: Fit 4-Ever 11 a.m.: Chair Exercise 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Health Insurance Counseling 2 p.m.: Tea and Talk: Cate Lineberry: The Secret Rescue 6 p.m.: Yoga with Kathryn 7 p.m.: Concert: Barbara Martin	26 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 10 a.m.: Depart for Hillwood 10 a.m.: Basic Photography 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie:The Great Gatsby	27 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl	28 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9 a.m.: Basic Photography for Children 10:30 a.m.: Basic Photography 12 – 5 p.m.: Taste of Friendship Heights	
29 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	30 9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga 7:30 p.m.: Book Signing with Kenneth Walsh	<div>Chess anyone?</div> <div>An informal, drop-in chess group for all levels will begin meeting once a week this fall at the Village Center. The reading room is available for players, but we need to know what day and time work for most people. Call Norman Schiff at 206-713-6079 or Jennie Fogarty at 301-656-2797 with your thoughts.</div>					<div>News from the Village Center Reading Room</div> <div>Our featured author this month is Elmore Leonard. Stop by and see the special display the next time you visit the Center.</div>

Shuttle bus hours



Monday through Friday 6:40 a.m. to 9:40 p.m.
Saturday and Sunday 8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m.
Friday 9 a.m. to 5 p.m.
Saturday and Sunday 9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

Safe driving program

The AARP Driver Safety Program will be offered **Friday, Oct. 18, from 10 a.m. to 3 p.m.**, at the Village Center. Mike Walmsley will be the instructor. The one-day course costs \$12 for AARP members (please bring your membership card when you register) and \$14 for nonmembers. Checks should be made out to AARP. All students must bring their driver’s license and a ballpoint pen with them to class. Please register at the Village Center.



CLASSES and CLUBS

PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION — A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes as well as Drop-in Tai Chi and sample classes are required to sign a liability waiver when they register.

ART AND MUSIC

AMERICAN SONGWRITERS

Washington legend John Eaton returns to teach a brand new series on American songwriters Jerome Kern, Richard Rodgers, Vernon Duke and Kurt Weill, and George Gershwin. The 4-week course begins Oct. 16. Meets Wednesdays from 1 to 2:30 p.m. Cost is \$80 for residents; \$85 for nonresidents. Class ends Nov. 6. A musical performance by Mr. Eaton highlights each session. See story on page 12.

ACRYLIC OR OIL PAINTING (Day)

A 10-week course for all skill levels, taught by Doris Haskell, begins Sept. 9. Meets Mondays from 2:30 to 4:30 p.m. Cost is \$60 for residents; \$80 for nonresidents. Minimum number of students is 10; maximum is 14. Session ends Nov. 25 (class will not meet Oct. 14 and Nov. 11).

ACRYLIC OR OIL PAINTING (Evening)

A 10-week course for all skill levels, taught by Doris Haskell, begins Sept. 12. Meets Thursdays from 6:45 to 8:45 p.m. Cost is \$60 for residents; \$80 for nonresidents. Session ends Nov. 14. Minimum number of students is 10; maximum is 14.

BASIC PHOTOGRAPHY (Saturday)

This 8-week course in black and white and color photography, taught by Llewellyn Berry, begins Sept 7. Meets Saturdays from 10:30 a.m. to 1:30 p.m. The cost is \$120. The class is open to new students as well as those from previous sessions. Students will become skilled at using their cameras, understand how to see and

use available light and learn about composition and subject selection. Instruction takes place in the classroom as well as out in the field. Students must bring a camera to class; digital cameras are preferred. Session ends Nov. 2 (class will not meet Sept. 14).

BASIC PHOTOGRAPHY (Thursday)

This 6-week course in black and white and color photography, taught by Llewellyn Berry, begins Sept. 12. Meets Thursdays from 10 a.m. to 12 p.m. The cost is \$75. See description above. Session ends Oct. 17.

BASIC PHOTOGRAPHY FOR CHILDREN

This 8-week course in black and white and color photography, taught by Llewellyn Berry, begins Sept. 7. Meets Saturdays from 9 to 10 a.m. The cost is \$50. The class is open to youngsters 10 years old and older. Students will become skilled at using their cameras, understand how to see and use available light, and, learn about composition and subject selection. Students must have a digital camera and a flash drive. Session ends Nov. 2 (class will not meet Sept. 14).

MIXED MEDIA WITH MILLIE

A 6-week course, for beginning as well as returning students, taught by Millie Shottt. Beginning Oct. 11, it meets Fridays from 1 to 3 p.m. Includes collage, inks and water color. The cost is \$80; supply list available at sign-up. A minimum of five students is required; please register by Oct. 9. Last class is Nov. 22 (class will not meet Nov. 8).

PORTRAITURE IN PENCIL AND PASTEL

This 6-week class, taught by Marianne Winter, begins Sept. 11.

Meets Wednesdays from 1 to 3 p.m. Students will concentrate on achieving likeness using photos or reproductions of artwork. Please bring a pad and pencil or pastel to the first class. Some previous experience in drawing is necessary. The cost is \$75 for residents; \$80 for nonresidents. Maximum number is 8. Last class is Oct. 16.

STILL LIFE PAINTING

A 10-week course taught by Joan Samworth begins Sept. 12. Class emphasizes the elements of art: line, color, texture, shape and value and is designed to meet the needs of all levels of experience. Suggested media are pastels, watercolor, acrylics, color pencil. Supply list will be handed out first day of class. Meets Thursdays from 11 a.m. to 2:30 p.m. (you may bring lunch – brown bag only). The cost is \$155 for residents; \$165 for nonresidents. Last class is Nov. 14. Maximum number of students is 12

BRIDGE

INTERMEDIATE BRIDGE

This 6-week series taught by Frank Shull, a life master at bridge, begins Oct. 9. Meets Wednesdays from 4:30 to 6:30 p.m. Students will review the meaning of overcalls and doubles after the player's right hand opponent has made the first bid. Bids that should be made by you and your partner will be explained. The maximum number of students is 17. This class is for people who have played bridge for at least a few years and continue to play on a regular basis. Call Frank with questions at 301-520-9968. The cost is \$105 for residents, \$110 for nonresidents. Session ends Nov. 13.

COMPOSITION

WRITING YOUR LIFE BY THE TALE

This 8-week memoir course begins Oct. 15. Meets Tuesdays from 11 a.m. to 12:30 p.m. The class will teach a new, simplified approach to recording highlights of your life story one experience at a time. Writing exercises, discussions and readings from notable memoirs will give you the skills to bring your unique tales to the page. The instructor is journalist Lynne Vance, who has had more than 20 years experience of writing and editing. Cost is \$90. Minimum number is 8; maximum is 10. Class ends Dec. 3.

COMPUTER EDUCATION

GETTING TO KNOW YOUR iPad

This two-week session will meet Sept. 17 and 24 from 2 to 3 p.m. The classes, taught by Pam Holland, will cover the basics of iPad navigation and then move into exploring the many things you can do with your iPad. Class 1 will focus on the basics such as settings, troubleshooting, organizing your icons, how to buy an "app" (many are free!). Class 2 will explore some of the amazing apps out there for learning, photos, music, history, etc. As each app is different, we will learn navigation techniques that apply to all. The cost is \$20. Bring your iPad if you have one. Handouts will be provided. Maximum of 15 students.

EXERCISE AND FITNESS

BALANCE AND COORDINATION

This 6-week class begins Sept. 3. Meets Tuesdays, from 1 to 1:50 p.m. The class will focus on simple exercises that improve overall balance. The cost is \$65 for residents; \$70 for nonresidents. Session ends Oct. 8. Questions? Email instructor Tonya Walton at staraka4u@gmail.com. ***You may try this class at the first session. If you decide to join, please register at the end of the hour.***

CHAIR EXERCISE

This 7-week class begins Sept. 4. Meets Wednesdays, from 11 to 11:50 a.m.

The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. The cost is \$75 for residents; \$80 for nonresidents. Session ends Oct. 16. ***You may try this class at the first session. If you decide to join, please register at the end of the hour.***

EVENING YOGA WITH KATHRYN

This 8-week class begins Sept. 11 and meets Wednesdays from 6 -7 p.m. The class will focus on strengthening and stretching body and mind with attention given to balancing ease and effort. Please bring a yoga mat and a towel or blanket. Be prepared to work hard and relax easy. Questions? Call Kathryn 240-743-4294. The cost is \$80 for residents; \$85 for non residents. Session ends Oct. 30. ***You may try this class at the first session. If you decide to join, please register at the end of the hour.***

MAT PILATES

The 6-week session begins Sept. 3. Meets Tuesdays from 7 to 8 p.m. Pilates movements tone the body from 'the inside out' bringing about core-strength, muscle balance and proper spinal alignment. This class is for both beginners and intermediate students. Check with your physician before signing up ; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both PhysicalMind Institute and Powerhouse Pilates. The cost is \$85 for residents and \$90 for nonresidents. Please bring a Pilates/Yoga mat and bath towel. Questions? Email Gingerrusteach@yahoo.com. Session ends Oct. 8.

SKY VALLEY TAI JI (Thursday)

This 6-week class, taught by Thomas Johnson, begins Sept. 12. Meets Thursdays from 9:30 to 10:30 a.m. and is especially for beginners. The cost is \$60 for residents; \$70 for nonresidents. Minimum number is eight. Session ends Oct. 17. ***You may try this class at the first session. If you decide to join, please register at the end of the hour.***

SKY VALLEY TAI JI (Tuesday)

This 6-week class begins Sept. 10. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$60 for residents; \$70 for nonresidents. Minimum number is eight. Session ends Oct. 15. ***You may try this class at the first session. If you decide to join, please register at the end of the hour.***

STRENGTH TRAINING WITH CHERYL

This 6-week class begins Sept. 6. Meets Fridays, from 10:30 to 11:30 a.m. The class, taught by Cheryl Clark, will enhance range of motion and strengthen muscles and work on balance and posture. The cost is \$65 for residents; \$70 for nonresidents. Session ends Oct. 11.

STRENGTH TRAINING WITH TONYA

This 6-week class begins Sept. 9. Meets Mondays, from 1 to 1:50 p.m. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. The cost is \$65 for residents; \$70 for nonresidents. Session ends Oct. 14. ***You may try this class at the first session. If you decide to join, please register at the end of the hour.***

YOGA (Day)

This 12-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins Sept. 8. Meets Sundays from 9 to 10:20 a.m. The session includes semi-strenuous postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. Wear loose clothes, bring a blanket or large towel and mat (can be purchased at class). Don't eat for 2 hours before class. The cost is \$158 for residents; \$164 for nonresidents. Session ends Dec. 15 (class will not meet Oct. 13 and Nov. 10). ***You may try this class at the first session. If you decide to join, please register at the end of the hour.***

Continued on page 13

CONCERTS

Concerts will be held from 7:30 – 8:30 p.m. in Huntley Hall in the Friendship Heights Village Center.

Wednesday, Sept. 4 — No Concert — Rosh Hashanah

Wednesday, Sept. 11 — James Taylor — Join local artist, guitarist and vocalist W. James Taylor for an evening of music. Children will recognize James for his performances during our Summer Art Camp, but his smooth musical style appeals to audiences of all ages. Bring the whole family to this concert ranging from familiar sing-along songs to Motown and more.

Wednesday, Sept. 18 — Tales in the Village — our monthly salute to storytelling resumes after its summer hiatus. This program, produced by Ellouise Schoettler, brings some of the country's best storytellers to the Village of Friendship Heights for an entertaining evening of tales.

Wednesday, Sept. 25 — Barbara Martin and Vince Lewis — Veteran jazz guitarist and composer Vince Lewis and jazz vocalist and composer Barbara Martin have teamed up to bring the best of both their musical worlds to audiences.

John Eaton, pianist extraordinaire

The Village Center is delighted to announce that renowned piano player, vocalist, musicologist, and humorist John Eaton will return this fall to teach another American Songwriters series. He has taught these very popular classes at the Smithsonian and Wolf Trap for more than a dozen years and they were sell-outs every time.

Beginning **Oct. 16**, Mr. Eaton will lead a 4-week series on four influential and fascinating American composers: "The Revolutionary Songs of Jerome Kern;" "The Incomparable Melodies of Richard Rodgers;" "The Fascinating Odysseys of Vernon Duke and Kurt Weill;"

and, "George Gershwin, American Hero." Each class includes a performance by the instructor.

Mr. Eaton has been performing professionally for more than 30 years from jazz clubs to a command performance in the East Room of the White House and is considered one of the foremost interpreters of American music. See page 10 for class details. His spring class filled up fast—sign up today!

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TO YOUR HEALTH

Vision Support Group: Stand up to falls

Even small changes in your sight can cause a potentially life-changing fall. Any one of the four leading aging eye diseases—cataracts, diabetic eye disease, glaucoma or age-related macular degeneration—can alter depth perception, visual acuity, peripheral sight, susceptibility to glare and can hinder safe navigation inside and out of your home.

Maria Proschan, vision rehabilitation and vocational technical specialist with Maryland State Department of Education, Department of Rehab Services will present tips and techniques to prevent falls during a program at the Village Center on **Thursday, Sept. 19, at 12:30 p.m.**

Fall Prevention Awareness Week is Sept. 22-29. Among older adults, falls are the leading cause of injury deaths, unintentional injuries, and hospital admissions for trauma.

The Vision Support Group is a partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. You must register in order to reserve a light lunch by calling 301-656-2797.

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Optimize your care

Dr. Kisha Davis, a family physician, researcher and educator, will provide tips and recommendations on making the most out of doctor visits at this month's Suburban Lecture at the Village Center on **Wednesday, Sept. 11, at 1 p.m.** Her talk will include questions to ask regarding conditions, medications, treatments, and test results.

There is no cost for the talk, but please call 301-656-2797 to let us know if you plan to attend.

Classes and Clubs, continued from page 11

YOGA

(Evening)

This 12-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins Sept. 9. Meets Mondays from 7 to 8:20 p.m. See description above. The cost is \$158 for residents; \$164 for nonresidents. Session ends Dec. 16 (class will not meet Oct. 14 and Nov. 11). **You may try this class at the first session. If you decide to join, please register at the end of the hour.**

ONGOING GROUPS, CLUBS AND OTHER ACTIVITIES

BLOOD PRESSURE SCREENING/SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings Tuesdays from 12 to 4 p.m. The nurse is also available for consultations Tuesdays from 2 to 4 p.m.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets informally every Friday from 10:30 a.m. to noon.

Continued on page 15



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email: cadeauxdc@aol.com

Cafe Muse presents...

This month's Café Muse, on **Monday, Sept. 16, at 7 p.m.**, features poetry by Jeanne Larsen and Fred Marchant.

Jeanne Larsen's latest book is *Why We Make Gardens (& Other Poems)*. Her first book of poetry, *James Cook in Search of Terra Incognita*, was a 1978 AWP award-winner. She has also published two books of translations of Chinese poetry and three novels. She is Director of the Jackson Center for Creative Writing at Hollins University.

Fred Marchant is the author of four books of poetry, the most recent of which is *The Looking House*. His first book, *Tipping Point*, won The Word Works 1993 Washington Prize. He is also the editor of *Another World Instead: The Early Poems of William Stafford, 1937-1947*, and has just retired as Professor of English and the Director of the Creative Writing

Program at Suffolk University in Boston.

Café Muse opens at 7 p.m. in the Village Center with classical guitar by Michael Davis; readings begin at 7:20. Attending poets are invited to participate in an open reading that concludes the program. A sign-up sheet will be available at 7 p.m.

Café Muse is presented by The Village of Friendship Heights and The Word Works, a nonprofit literary organization that has sponsored public programs for over 35 years. For more information visit www.wordworksdc.com.

The Village Book Club will meet this month on **Tuesday, Sept. 17, at 11 a.m.** The book selection is *Tender is the Night* by F. Scott Fitzgerald. Look for a copy of the book in the Center Reading Room on the shelf marked "Village Book Club Selections."



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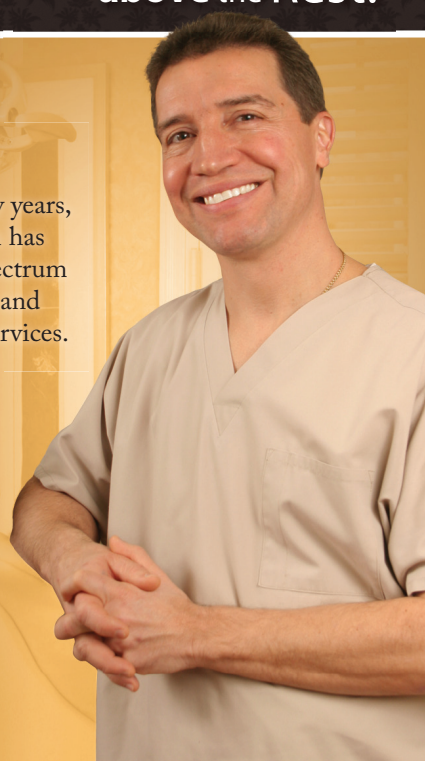


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DROP-IN TAI CHI

Student-led sessions every Friday from 9:15 to 10:15 a.m. Cost is \$3 per class.

GREAT BOOKS

DISCUSSION GROUP

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books series. Leadership is rotated among group members. Meets Mondays from 10 a.m. to noon. Contact Jean McNelis at 301-656-6695.

HEALTH INSURANCE COUNSELING

Free assistance offered by the Maryland Cooperative Extension's Senior Health Insurance Assistance Program. Usually meets on the second and fourth Wednesdays of each month from 1 to 3 p.m. Please call 301-590-2819 for an appointment.

SCRABBLE

This group of Scrabble players meets

at the Center Thursdays at 6:15 p.m.

SPEECH SUPPORT

An aphasia support group facilitated by Susan Wranik, MS, MA, CCC-SLP, board certified speech-language pathologist, and sponsored by the NIH Suburban Hospital Stroke Program. Open to adults with speech impairment due to stroke, Parkinson's or dementia who need help with communication. Meets the second Tuesday of every month from 2 to 3 p.m.

TEA

Hot beverages, cookies and fruit are served by Village volunteers Tuesdays from 3 to 4 p.m.

VILLAGE BOOK CLUB

The book club meets one Tuesday morning a month to discuss books chosen by the group. Dates and book titles are announced in the newsletter. New members are welcome.

VILLAGE BRIDGE CLUB

The bridge club meets every Monday from 12:30 to 4 p.m. All are welcome

for bridge or bridge plus (duplicate bridge); cards will be supplied. Contact Nancy White at 301-652-4119.

VILLAGE PLAY TIME

Games, toys and play equipment will be set out in the auditorium for children most Thursdays from 11 a.m. to 4 p.m. Children must be accompanied by a caregiver.

VISION SUPPORT LUNCH AND LEARN

A partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Meets one Thursday a month at 12:30 p.m. for lunch and discussion with an invited speaker. Contact Janet Morrison at 301-538-9358 for more information.

WALKING CLUB

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis at 301-718-6340 for more information.



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Village Council Corner

Community forum on playgrounds in Page Park and Willoughby Park

As reported previously, the Village Council has hired a landscape designer to develop plans to install playground equipment in Willoughby Park (shown below)



and Page Park (shown at right) as part of the Village's Centennial celebration. The concept is to install playground equipment in the lower grassy oval in Willoughby Park for kids ages five and under. Playground equipment in Page Park would be for older children.



There will be an open forum at the Council meeting on Monday, September 9, at 7:30 p.m., for residents to express their views to the Council on this issue. The Council encourages all interested residents to come and speak. The landscape designer will be in attendance but will not make a presentation. She will be there to listen to the community's input before developing plans for Council consideration.

Mark your calendar!

A truck from Shred-it will be back in the Village on **Wednesday, October 9.** See the October newsletter for more details.



Friendship Heights

VILLAGE NEWS

Friendship Heights Village Center
4433 South Park Avenue
Chevy Chase, Maryland 20815



Check out our website:

www.friendshipheightsmd.gov

e-mail: info@friendshipheightsmd.gov

phone: 301-656-2797

September 2013 events calendar